

CHINESE FIVE SPICE CHICKEN WINGS

2 pounds chicken wings
3 tablespoons Chinese Five Spice Powder*
6 cloves garlic, finely chopped (use 8-10 to add more heat)
4 tablespoons fresh ginger, peeled and finely chopped
1 cup soy sauce
1/4 cup honey or maple syrup
1 cup white wine or chicken broth. Don't have these? Use water.....

Preheat your oven to 350°. Spray the sides of a 9 x 12 casserole with cooking spray or rub with good quality olive oil. Wash and dry the chicken wings. Cut off the wing tips if they are attached and set them aside for another use. Cut the remaining wings at the joint, separating into two parts. Place wings in a single layer in the casserole dish.

Combine the five spice powder, garlic and ginger and work it into a paste with a fork. This process helps the powder incorporate into the liquid. Be sure that the powder is completely mixed in. Add the soy sauce, honey and wine or broth to the paste and stir to mix together. Pour the marinade over the wings and cover tightly with foil.

Bake the wings for 30 minutes. Remove the pan from the oven, remove the foil and turn the wings over. Return the wings to the oven, uncovered for an additional 30 minutes. Check to see that the liquid has reduced by one-half or more, and the wings are brown and slightly sticky. (The best way to check is to take one out and taste it. If you like the taste and texture, they are done. If not, return to pan and cook for an additional few minutes.)

When they are done to your taste, arrange them on a serving platter. Drizzle them with a bit of the cooking liquid and sprinkle with some sliced scallions prior to serving. These are also great at room temperature and are a sure winner at a summer picnic.

Serves 6-8 as an appetizer

*CHINESE FIVE SPICE

1 part ground cinnamon	2 parts ground star anise	1/2 part ground cloves
1 part ground pepper	1 part ground fennel seed	